Cut along the dashed lines

CARD 1 · FRIENDSHIP

Answer me!

Rania's best friend expects replies within minutes. When Rania is at a family dinner and doesn't answer, she gets messages like "??" and "Why are you ignoring me?", then a long message saying Rania doesn't care about her.

TALK ABOUT IT

- Where is this on the spectrum?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Unhealthy ☐ Controlling

CARD 2 · DATING

Share your location

Omar's girlfriend wants him to share his location with her all the time "so I know you're safe." When he goes somewhere she didn't know about, she calls him again and again until he answers.

TALK ABOUT IT

- Where is this on the spectrum?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Unhealthy ☐ Controlling

CARD 3 · CLASSMATES

The edited photo

Someone edits an embarrassing photo of Maya and posts it in the class group chat. Dozens of laughing reactions follow. Maya leaves the group chat and doesn't want to come to school.

TALK ABOUT IT

- Where is this on the spectrum?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Unhealthy ☐ Controlling

CARD 4 · ONLINE

New friend in the game

Karim met someone in an online game two weeks ago. They say they're 16, send him gift cards for the game, and now ask for a private photo and tell him to keep their chats secret.

TALK ABOUT IT

- Where is this on the spectrum?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Unhealthy ☐ Controlling

Cut along the dashed lines



CARD 5 · FRIENDSHIP

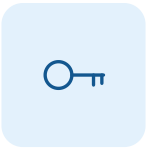
Can I post this?

Before posting photos from a birthday party, Lea sends them to her friends first. Nour says she doesn't like how she looks in one, so Lea posts the others and leaves that one out.

TALK ABOUT IT

- Where is this on the spectrum?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Unhealthy ☐ Controlling



CARD 6 · DATING

Password proof

Jad's girlfriend says that if he really loved her, he'd give her his Instagram password. Once he does, she reads his messages and gets angry about who he talks to.

TALK ABOUT IT

- Where is this on the spectrum?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Unhealthy ☐ Controlling



CARD 7 · ONLINE

The threat

Sami sent a private photo to someone he met online. Now they threaten to share it with all his followers unless he sends them money.

TALK ABOUT IT

- Where is this on the spectrum?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Unhealthy ☐ Controlling



CARD 8 · FAMILY

Mom's post

Ziad's mom posts a photo of him from when he was little. He tells her it embarrasses him. She takes it down and says she'll ask him before posting photos of him.

TALK ABOUT IT

- Where is this on the spectrum?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Unhealthy ☐ Controlling